



IDEA Part C Spring-Summer Family Newsletter

May-June 2012 Volume 2 No 3

Message from Part C's State Family Resource Coordinator, Information & Referral.....

Dear Parents/Families,

The next two months we have an opportunity to celebrate both "Mother's Day" & "Father's Day"

Like any parent, when you find out your child has a disability the first thing you look for is information. You read books, do research on the internet, and ask questions.

Families are a key part of the early childhood intervention team. However parents of children with disabilities daily face a daunting array of decisions in support of their children. Family caregiving involves medical,

educational, emotional, and psychological support, both for the children with disabilities and for other family members (e.g., siblings).

One of the resources available to parents, professionals, educators, and staff working with young children with disabilities and their families is the Early Childhood Special Education Library located in the IDEA Part C office. This library contains thousands of books, articles, videos and other materials regarding children, families, disabilities, parenting,

grandparenting, sibling relationships, working as a team, and early intervention practices. This library is available for use statewide to families, service providers and educators; families can request materials through their service coordinator.

Check out some of the books/videos on page 3.

If you would like more information, please feel free to contact me at: ddinnell@adsd.nv.gov

Sincerely,
Dan Dinnell



Cheryl, Eric and Dan

NEVADA's EARLY INTERVENTION SERVICES
IDEA Part C Office
3416 Goni Road,
Bldg. D, Ste 132
Carson City, NV 89706
Office: (775) 687-4210
Fax: (775) 687-0574

The Part C Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (All items are subject to editing and review.)

FREE enrollment in the national **EARLY INTERVENTION FAMILY ALLIANCE (EIFA)** to *all families* who have a child in early intervention! **Keep informed! Obtain Answers! Impact Policies!**

The Early Intervention Family Alliance is a national group of family leaders dedicated to improving outcomes for infants and toddlers with disabilities and their families, open to all.

Members receive email alerts and updates on key early intervention topics and can join the EIFA *list serve* to participate in active discussions and share experiences.

Web: www.eifamilyalliance.org

Updates from the **Tots 'n Tech Research Institute...**

The Tots 'n Tech Research Institute (TnT) published in it's March of 2012 Newsletter, information on integrating iPad use into everyday activities and routines to promote the participation of all young children.

The Institute has also been updating its new **Tots 'n Tech Helpdesk**, which provides a wealth of current information about adaptations and assistive technology (AT) for infants and toddlers. It is designed to make it easy to find adaptations or AT solutions for everyday situations.

Web: <http://tnt.asu.edu/>

Project ASSIST is Nevada's Central Directory for information about Nevada agencies, organizations, and programs that serve children or young adults with disabilities up to age 21, and their families.

Information available on:

- parent support groups,
- education, health, and social services,
- training,
- advocacy organizations,
- financial and legal assistance,
- and many other services.

This information is provided to the caller.

For more information call toll free at **1-800-522-0066** or email ddinnell@adsd.nv.gov

NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ ***Nevada Early Intervention Services—Elko:***

NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ ***Advanced Pediatric Therapies—Reno:***

Summer Family Fun Fair , June 9th.

⇒ ***Easter Seals Nevada— Carson City:***

⇒ ***Nevada Early Intervention Services—Reno:***

Down Syndrome Network “Family Support Group” meeting: every 1st Tuesday of the month from 5:45 pm. at NEIS. Call 775-682-9071 or e-mail dsnnninfo@gmail.com to R.S.V.P.

Family TIES Family Support in filling out Medicaid/SSI and other Social Services applications every 2nd Monday from 10am-12 at NEIS.

Hands and Voices meets at NEIS, Enterprise Rd., May 24th and the 4th Thursday of every other month at 6:00pm.

Friends of Special Children is looking for new board members to join their non-profit organization that supports families in Early Intervention. This non-profit has supported families at NEIS in so many ways both financially and physically. If you are interested in being a part of this great cause, please contact Lori Schoen at 688-0379.

Weekly Sign Language Class by Nevada ASL, every Friday at 10am and every Monday at 5:30 pm, at NEIS

Weekly Sign Language Class by Deaf & Hard of Hearing Advocacy Council, every Wednesday, 6 pm at NEIS

⇒ ***The Continuum—Reno:***

SOUTHERN NEVADA EARLY INTERVENTION SERVICES

* contact your Developmental Specialist/Service Coordinator for more information

⇒ ***Easter Seals Nevada—Las Vegas:***

⇒ ***ISS “BABY STEPS”—Las Vegas:***

⇒ ***Kideology—Las Vegas:***

A Nutritional event for families on June 20th at 4pm '**Understanding Your Picky Eater**'. 702-508-0908 or Carrie@Kideology.com for RSVP or questions.

⇒ ***Nevada Early Intervention Services—Las Vegas:***

Milagros Escondidos, Spanish speaking family support group - Milagros Escondidos grupo de apoyo para familias o individuales con habilidades especiales. Reuniones cada cuarto Jueves de mes 6 pm - 8 pm 1161 S. Valley View-NEIS

⇒ ***Positively Kids—Las Vegas:***

⇒ ***Therapy Management Group—Las Vegas:***

Nevada PEP, as the statewide Parent Training and Information Center, offers classes such as **“Families are Important”** for families to better understand Early Intervention, their Individual Family Service Plan (IFSP) and the Transition process from Early Intervention into the community or school districts. In **“Skills for Effective Parent Advocacy”** participants will learn the importance of advocacy and effective strategies to help children with disabilities. Communication techniques will help you feel confident advocating for children. For more information on these and other classes, contact PEP in the North at 775-448-9950, and in the South at 702-388-8899.



www.health.nv.gov/BEIS.htm

Nevada’s Early Intervention website is filled with information and resources, including a “Links” page of all kinds of useful websites with information, and a Frequently Asked Questions page.

To conserve resources and to make sure you don’t miss out on useful information, please send your e-mail address to Dan Dinnell at ddinnell@adsd.nv.gov to receive the newsletter electronically



Mothers' Day is May 13th

There are a great many things to learn...

Check out some of the resources below, or check the [Library](#) page on the NEIS web site at...
http://health.nv.gov/BEIS_SpecialEdLibrary.htm, for other titles.

Videos in our Library:

"A Child with Special Needs" – this DVD features families with special needs children who share their personal stories in order to help other families understand the experiences, emotions and challenges they will encounter. Doctors, legal advisors, educators, and special needs workers also offer guidance and encouragement to help parents cope and become the best possible advocate for their child. This video provides information on: What to do when you find out that your child has a special need; Moving from confusion and grief to acceptance and empowerment; Finding answers and getting help; Speaking up as your child's best advocate; The importance of looking beyond the diagnosis; and, Focusing on your child's unique strengths.

Books in our Library:

"Breakthrough Parenting for Children with Special Needs: Raising the Bar of Expectations" – award-winning writer Judy Winter helps parents 'raise the bar of expectations' for their challenged children. Winter fought for a normal life for her son, Eric, before losing him to cerebral palsy. "The demands of special needs challenged me to the limits of human endurance and helped me realize my most heartfelt life dreams, too," she writes. From getting over the myth of the perfect baby, to dealing with staring, to maneuvering the school system, her wisdom is both practical and inspiring."

"Building a Joyful Life with your Child who has Special Needs" – This book considers the challenges of caring for children with physical, developmental and mental health disorders and proposes methods such as learning to see events through your child's own eyes, celebrating their strengths and achievements and recognizing how others can help your child. Chapters deal with key topics such as coping with a diagnosis, discussing support needs with a child's teachers and explaining a child's differences to their peers, and the authors stress the importance of parents building support systems for themselves and their children.

"Chicken Soup for the Soul: Children with Special Needs-Stories of love and understanding for those who care for children with disabilities" – Raising a child with special needs is a lifelong commitment that is as unique as each person who embarks on it. Written by a variety of authors who share in this distinctive relationship, Chicken Soup for the Soul: Children with Special Needs offers a glimpse into the lives of others who are on a similar path. These stories provide insight, comfort, and connection with others who have walked this powerful and transformational journey.

If you have recommendations for the Library, please let me know. Contact me at ddinnell@adsd.nv.gov

Fathers' Day is June 17th

One out of nine fathers has a child with a developmental or physical disability. (Batten & Stowell, 1996; Knitzer & Bernard, 1997)

Videos in our Library:

"Father's Voices: A Journey of the Heart" DVD – The film focuses on four dads and how their lives have been dramatically changed because of their children.

Books in our Library:

"Uncommon Fathers: Reflections on Raising a Child With a Disability" – a moving collection of 19 essays by fathers with children of various ages and various special needs. This book gives voice to fathers who are often overlooked in the literature about families of children with special needs.

"Special CHILDREN, Challenged PARENTS: The Struggles and Rewards of Raising a Child with a Disability" – This book shares *the unique perspective of a father* of a son with autism, with additional reflection from his perspective as a clinical psychologist who specializes in working with families of children with disabilities. This book illustrates the impact that a child's disability has on the entire family. Readers learn about resources, such as support groups, for working through complex emotions and about techniques for communicating effectively with professionals. Though the author's personal experience is with autism, this book is a valuable resource for families of children with a wide range of disabilities.

There is a [Guide for Dads](#) available on the NEIS web site at:
<http://health.nv.gov/PDFs/BEIS/Publications/AGUIDEforNVDADS.pdf>

Caring for someone with a disability can take tremendous energy and focus. Despite love and best efforts, parents and family members can become exhausted. RESPITE care is designed to give breaks both to families and to children themselves. A change of pace and scene can be a positive experience for everyone involved. Ask your service coordinator for more information about RESPITE!

An on-line resource for services is called **Care.com** with hundred of listings...

<http://www.care.com/>

Find special needs care providers & more!

- Mom-reviewed caregivers
- Background checks
- Access to references

Check the section for Children and Special Needs Care and search for caregivers in your ZIP code area.

Listed below are some programs that have information regarding Respite care funding...

Clark County:

Give Me A Break (GAB), Inc.

Lisa Colavito, Respite Program Coordinator

P.O. Box 620721

Las Vegas, Nevada 89162-0721

Phone: **702-898-2216**, Fax 702-248-4739

Email: GABInc@aol.com

Web: www.givemeabreakinc.com

All Other Nevada Counties:

RAVE Family Foundation (RAVE)

Cean Helzer, Respite Coordinator

P.O. Box 2072

Sparks, Nevada 89432

Phone: **775-787-3520**, Fax 775-356-8357

Email: Rave-respite@charter.net

Web: www.raveforkids.org

In the United States today there are approximately 66 million people, or 29% of the U.S. adult population who are caring at home for family members including elderly parents, spouses, and children with disabilities and/or special health care needs.

Without this home-care, many of these cared for loved ones would require permanent placement in institutions or health care facilities. The value of the services family caregivers provide for "free" is estimated to be over \$450 billion a year. That is more than twice as much as is spent on homecare and nursing home services combined, estimated at \$158 billion.

— AARP Public Policy Institute Report, 2011

For more information on Respite in Nevada:

Nevada Lifespan Respite Program

Aging & Disability Services Division

3416 Goni Road, Suite D-132

Carson City, NV 89706

Phone: 775-687-4210

Vicki Puccinelli, Program Manager

vkpuccinelli@adsd.nv.gov

Education Week—Always watching, especially when you talk.

The little ones are watching our mouths to determine how to shape their own to make particular sounds. If you believe nothing gets past the little ones, you may be right. A new study suggests that even how we speak is highly observed... <http://tinyurl.com/76pqr98>

The **National Dissemination Center for Children with Disabilities (NICHCY)**, **Newsletter** for September 2011

THE LITTLE ONES: EARLY INTERVENTION/EARLY CHILDHOOD

NICHCY resources for you — Looking for info to help the little ones with delays or disabilities? These resources might be useful:

All about parent participation. Two sections here: one for families, one for EI providers.

<http://nichcy.org/babies/parent-participation>

Good overview for families new to early intervention.

<http://nichcy.org/babies/overview>

Overview in Spanish.

<http://nichcy.org/espanol/servicios/parabebes>